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Gloves are off: Obama, Romney spar over economy in first debate

U.S. election. Evening also focused on other domestic issues such as health care and the role of government

U.S. President Barack Obama and Republican challenger Mitt Romney clashed over taxes, deficits and how to revive the U.S. economy as they shared the stage for the first time Wednesday in Denver in a high-stakes debate with the power to reshape the race for the White House.

Obama said Romney wanted to return to the policies that hurt the U.S. economy. Romney said Obama's policies had failed and America needs a change.

"Going forward with the status quo is not going to cut it for the American people who are struggling today," Romney said.

The showdown was critical for Romney, a former Massachusetts governor. With about a month to go before the election, polls show Obama leading in the most important states in what is a state-by-state vote that decides the presidency. Still, the race remains tight and the three debates this month give Romney an opportunity to shift the momentum, taking on Obama before a television audience of tens of millions.

Wednesday's debate might be the most important of the three, with its focus on domestic issues. The weak economy, with unemployment at 8.1 per cent, has dominated the race.

Romney was particularly aggressive, like a man looking to shake up the campaign with a little less than five weeks to run. He said that under Obama's policies "middle-income families are being crushed."

Obama has argued that he prevented a meltdown after inheriting an economy in freefall from the Republican administration of George W. Bush. Obama accused Romney of wanting to "double down on the top-down policies" that led to the economic crash four years ago.

After Romney said he would repeal and replace regulations passed after the 2008 financial crisis, Obama responded: "Does anyone think there is too much oversight and regulation of Wall Street?" If so, "Gov. Romney is your candidate."

The next two presidential debates are Oct. 16 in New York and Oct. 22 in Florida.

THE ASSOCIATED PRESS

Republican presidential candidate and former Massachusetts governor Mitt Romney and U.S. President Barack Obama wave to the audience at the University of Denver on Wednesday night during the first debate of the 2012 U.S. election campaign. The evening focused on a number of domestic issues. To read more about the debate, go to metronews.ca. CHIP SOMODEVILLA/GETTY IMAGES

Anti-meat billboards on hold

Animal-rights group PETA says they have found an ad agency that will post their controversial billboards, but not in time for Thanksgiving PAGE 2

Change is good for Wide Mouth Mason

Singer Shaun Verreault tells Metro about new additions to his family and the band, and why no tour would be complete with a stop in Saskatoon PAGE 9

NEWS 1

PETA billboards won't be out before Thanksgiving

Unavailable. No ad space before holidays, says animal-rights group

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A plan to post anti-meat billboards near public schools in Saskatoon, Winnipeg and Ottawa is now a no-go.

People for the Ethical Treatment of Animals (PETA) had announced in late September plans to post billboards near schools in those cities asking, "Kids: If you wouldn't eat your dog, why eat a turkey?"

But now, those billboards won't be making an appearance before Thanksgiving.

According to Laura Wilson, a campaign co-ordinator with PETA, the organization had found an ad agency that would post the billboards, but not in time for Thanksgiving.

"Our ad was accepted by one ad company … but unfortunately they had no billboard space available in the area before the holiday," said Wilson in an email. "So we weren't able to get it placed this year."

PETA had hoped the ads would discourage children from eating meat, and spark dialogue with parents about other options for a Thanksgiving feast, but now they'll be targeting a different holiday dinner.

"Unfortunately … we weren't able to get the billboards up in time for Thanksgiving, but we are still very interested in running the boards before Christmas," said Danielle Katz, campaigns manager for PETA.

The organization has already held Tofurkey giveaways in other Canadian cities, such as Calgary and Kelowna.

However, there are no events planned for the three cities where PETA had intended to launch the billboards.

Online

For more local news go to metronews.ca

Controversial PETA billboards that were supposed to be posted near public schools in Winnipeg, Saskatoon and Ottawa will not be up before Thanksgiving due to lack of ad space, the animal-rights organization said.
MORGAN MODJESKI/METRO

Lions in city zoo heading back to Ontario

Shadow, left, and Nathan will soon be leaving their home at the PotashCorp Ark Exhibit at the Saskatoon Forestry Farm Park & Zoo. The two lion cubs and their parents are set to depart sometime in November.
MORGAN MODJESKI/METRO

Saskatoon Forestry Farm Park & Zoo will soon say goodbye to four longtime guests.

Four lions — Dobi and Cooey, who arrived at the PotashCorp Ark Exhibit in November 2008, and their cubs, Nathan and Shadow — will be leaving the zoo on a unspecified date in November.

On loan from Elmvale Jungle Zoo in Ontario, Dobi and Cooey were in Saskatoon through a program by the Canadian Aquarium and Zoo Association.

Cary Humphrey, manager of the city's leisure-services branch, said the four cubs were one of the zoo's hottest attractions.

"They've been very popular," said Humphrey.

"They were very popular when we got the two adults four years ago, but the staff were just elated when they had offspring.... It's exciting (and) it's sad," he said of the lions' upcoming departure.

Although Humphrey doesn't know what will replace the lions, he explained that John Moran, the zoo's manager, is working on the next exhibit.

The cougars will occupy the enclosure where Dobi and Cooey were residing in the meantime.

"He's working on something," said Humphrey.

"He would bring in other animals that, one, we're ready for; that, two, is suitable for Saskatoon; and that our staff is trained in terms of proper handling."

To celebrate the lion's departure, zookeepers will be on hand over the Thanksgiving long weekend — from 1:30 p.m. to 2:30 p.m. on Oct. 6, 7 and 8 — to answer questions about the animals.

MORGAN MODJESKI/METRO
WITH FILES FROM JANE CAULFIELD

Non-fiction

Sask.-born writer nominated for prestigious literary award

A Saskatchewan-born writer has been nominated for the Governor General's Award in non-fiction.

Ross King was born in Estevan and raised in North Portal, Sask.

He attended the University of Regina.

King has been nominated for his book Leonardo and the Last Supper, which tells the story behind the creation of one of the most iconic paintings in art history.

King currently lives in England with his family.

THE CANADIAN PRESS

Accident

Two in hospital after morning collision

Two people are in hospital after two cars collided near the intersection of Wanuskewin Road and Highway 11 at 7:40 a.m. on Wednesday.

According to a press release from Saskatoon Fire and Protective Services, it was a "high-speed" crash. Upon arrival, firefighters found the force of the T-bone collision had resulted in one of the cars lying on its roof in the ditch. The driver was trapped inside.

A rescue vehicle was sent to the scene to help remove the driver, but by the time it arrived the Warman Fire Department had already stabilized the vehicle.

A hydraulic rescue tool was then used to cut apart the car before the driver was removed.

One of the drivers was sent to hospital with serious injuries; the other with undetermined injuries.

Neither car had any passengers.

MORGAN MODJESKI/METRO

Mobile news

Qriket

Sesame Street grows up with its latest take on HBO's Boardwalk Empire and True Blood. Scan the code to watch the episode.

U of S nuclear research centre renamed in honour of Fedoruk

Innovator. Province pays tribute to former lieutenant-governor's groundbreaking scientific research

JANE CAULFIELD
jane.caulfield@metronews.ca

The day after trailblazer Sylvia Fedoruk passed away, politicians, academics, athletes and people from across the province spoke about her legacy of innovation.

It's a legacy the Saskatchewan government is recognizing by renaming the Canadian Centre for Nuclear Innovation (CCNI) after Fedoruk.

"Few individuals can say that they touched the lives of millions of people, but that is the case with Dr. Fedoruk," Premier Brad Wall said in a press release.

"According to the Canadian Medical Hall of Fame, her groundbreaking research in cobalt radiation has helped more than 70 million people worldwide. It is only fitting that we honour her by renaming the facility after her legacy."

Quoted

"Few individuals can say that they touched the lives of millions of people, but that is the case with Dr. Fedoruk."
Premier Brad Wall

In this 2011 photo, Sylvia Fedoruk joins, from left, Premier Brad Wall, then-provincial Minister of Education Rob Norris and then-U of S president Peter MacKinnon behind a betatron particle accelerator built at U of S in the 1960s for plasma research. The province announced Wednesday that the university's Canadian Centre for Nuclear Innovation would be renamed in honour of the former lieutenant-governor, who died Sept. 26 at the age of 85. CONTRIBUTED/UNIVERSITY OF SASKATCHEWAN

While Fedoruk, who died Sept. 26 at the age of 85, was the first woman to be chancellor at U of S and the first woman to be the lieutenant-governor of Saskatchewan, she was also the first woman member of the Atomic Energy Control Board of Canada.

"Her groundbreaking research has had global impact, helping to save the lives of millions of cancer patients around the world and laying the foundation for U of S leadership in nuclear research, training and innovation," said U of S president Ilene Busch-Vishniac.

The government will be hosting a state funeral, open to the public, on Friday at TCU Place.

Follow Jane Caulfield on Twitter @janecaulfield

In the spirit of leadership

The announcement was made just a day after the CCNI moved into a brand-new building.

- "We are very honoured that the province chose to include us in their recognition of Dr. Fedoruk," said Matthew Dalzell, communications officer with the newly renamed Sylvia Fedoruk Canadian Centre for Nuclear Innovation.
- Aiming at making Saskatchewan a leader in nuclear research, Dalzell said the centre hopes to recapture the spirit of leadership that Fedoruk represented throughout her lifetime.

Beef recall

Info from XL plant delayed: CFIA

The Canadian Food Inspection Agency says there was a delay getting information on tainted meat from an Alberta packing plant at the centre of an extensive beef recall.

Agency president George Da Pont says Canadian inspectors asked for information from XL Foods Inc. on Sept. 6 about "critical points" where E. coli might become a problem, but didn't get an immediate response.

That was two days after E. coli was found by U.S. inspectors in a shipment of beef heading south of the border. Da Pont said Canadian inspectors made a similar discovery within hours in another batch of beef. Both were traced to the XL plant in Brooks, Alta., and a food-safety inspection began, he said.

THE CANADIAN PRESS

Research project

Shedding light on a language

A Saskatchewan university professor says she hopes to better understand the Dene Suline language through a new research project.

Olga Lovick of the First Nations University of Canada plans to record people speaking the language to one another. She wants to see how people act while they're speaking and how they switch between the language and English.

The language is spoken mostly in Saskatchewan, Alberta and the Northwest Territories.

THE CANADIAN PRESS/MBC

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It's wrong to divide Canada over resources: Trudeau

Liberal leadership race. Younger Trudeau uses stop in Alberta to distance himself from his father over national energy program

Justin Trudeau appeared to distance himself from his famous father as he made Alberta the first stop on his campaign to take over the federal Liberal party.

Trudeau chose Calgary, home to the country's energy company boardrooms, to say he would never use the wealth of the West to gain votes elsewhere. He said it is wrong to divide Canadians over natural resources.

It's a particularly sensitive issue in a province where resentment still burns over the introduction of the national energy program in the 1980s by Pierre Trudeau, who was prime minister at the time. That was seen as a grab of Alberta's natural-resource wealth to keep prices artificially low for the rest of the country.

Quoted

"It is time to be more honest with ourselves. There is not a country in the world that would find 170 billion barrels of oil and leave it in the ground."

Justin Trudeau

"It is wrong to use our natural wealth to divide Canadians against one another," he said. "It was the wrong way to govern Canada in the past. It is wrong today. And it will be wrong in the future."

He didn't mention his father by name during his speech. But later he told reporters he is proud of him and the values for which he stood.

"But I am here to try and challenge a whole new set of realities and to try to bring a whole new generation of Canadians forward to the 21st century." He pointed out that he had "nothing to do with the national energy program."

"I was 10 years old."

THE CANADIAN PRESS

Federal Liberal leadership candidate Justin Trudeau speaks to an Edmonton Oilers fan at a seniors centre in Calgary on Wednesday.

JEFF MCINTOSH/THE CANADIAN PRESS

RCMP conduct. Proposed changes designed to restore public confidence

The public safety minister says "extremely disturbing" reports about RCMP conduct underscore the need for changes at the national police force.

Vic Toews told a Commons committee Wednesday it's essential "that Canadians have full confidence in the RCMP."

The federal government wants to give RCMP commissioner Bob Paulson and his managers clear, effective powers to discipline or even fire people who disgrace the police force.

Toews announced proposed changes in June intended to untie the hands of senior Mounties as they look into complaints. Legislation that would usher in the reforms is now before the Commons public safety committee.

The bill also includes long-promised measures to modernize the watchdog that handles public complaints about the RCMP and enhance transparency when Mounties themselves are under police investigation.

Several female RCMP officers have come forward since Cpl. Catherine Galliford went public in November with allegations of harassment within the force in British Columbia. Men have also complained of abusive behaviour and intimidation.

Public Safety Minister Vic Toews

THE CANADIAN PRESS

Sexual-harassment complaints compose about three per cent of the 1,100 harassment grievances filed within the RCMP since 2005, Paulson told the committee. The remainder involve misuse of authority and personal behaviour issues.

The force endured intense criticism over a case in which a senior Mountie was not fired despite having sex with subordinates, exposing himself to a colleague and drinking on the job.

THE CANADIAN PRESS

Federal appeal court imposes new deadline on Douglas spy dossier

The Federal Court of Appeal has imposed a new deadline on Library and Archives Canada in a seven-year battle to lift the shroud of secrecy over the decades-old spy dossier on socialist icon Tommy Douglas.

The court gave the institution 90 days to determine whether it has identified all relevant documents sought by Canadian Press reporter Jim Bronskill, who originally requested the Douglas files in 2005 under the Access to Information Act.

The oral ruling from the bench came unexpectedly Wednesday after a panel of three judges heard three hours of legal arguments from lawyers for the federal government and The Canadian Press.

The government has maintained it can't release certain information because it could jeopardize the lives of confidential informants and give away secrets of the spy trade.

But the government offered one concession in Thursday's hearing when Justice Department lawyer Alain Prefontaine said the government now considers the historical value of the Douglas material to be a factor in deciding whether it should be made public.

The court took note of the government's modified position as it granted its appeal of the ruling that The Canadian Press successfully obtained last year for fuller disclosure of the file.

THE CANADIAN PRESS

CSIS

Library and Archives Canada consulted with Canada's spy agency, CSIS, when the original request for records was made.

- CSIS replaced the RCMP's now-defunct security branch when it was disbanded in the early 1980s.

Alleged unlawful confinement. Police find car connected to suspect

The RCMP say a car connected to a man wanted in the alleged confinement of a 16-year-old boy in Nova Scotia has been found abandoned on a logging road in northern Ontario.

They say the search continues for Wayne Alan Cunningham, who faces charges of sexual assault and forcible confinement after a boy alleged he was held captive by two men at a home last month.

The Mounties previously said 31-year-old Cunningham could be headed to Calgary in a 2003 Hyundai Elantra with a Nova Scotia licence plate, but now say his whereabouts are unknown.

They say the Ontario Provincial Police discovered the car early Wednesday about 19 kilometres off the highway in Greenstone, about 250 km northeast of Thunder Bay.

Cunningham's co-accused, David James Leblanc, was arrested Sunday on a road in Greenstone after officers received a report of a man wandering with no shoes and light clothing in near-freezing temperatures.

The RCMP say the 47-year-old man remains in hospital under police custody, but cannot yet be returned to Nova Scotia for medical reasons.

Police have also released two more photos of Cunningham in their efforts to find him.

One head shot, taken in 2006, shows a long-haired Cunningham. The second photo, which police say was taken more recently, shows Cunningham sitting in a vehicle with short, spiky hair and a piercing in his left eyebrow. THE CANADIAN PRESS

Child abuse

Pedophile freed with conditions

A British Columbia judge has ruled a man convicted in Thailand for sexually abusing children will be allowed to go free, but Christopher Neil must follow strict conditions to keep the public safe.

Provincial court Judge Patrick Chen ruled Neil will have to be watched for the next 18 months, to prove he's not a danger.

Neil pleaded guilty and spent five years in a Thai prison after an international manhunt was triggered when computer experts unscrambled images of him abusing children. THE CANADIAN PRESS

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Obama hoped to bring bin Laden to trial, new book says

American officials, including President Barack Obama, watch an update on the mission against Osama bin Laden, in the Situation Room of the White House on May 1, 2011. PETE SOUZA/THE WHITE HOUSE/THE ASSOCIATED PRESS

The Finish. Revelation could provide political fodder for Republicans as election approaches

A new book says President Barack Obama hoped to put Osama bin Laden on trial, showing the U.S. commitment to due process under law, if the al-Qaida leader had surrendered during a U.S. raid in Pakistan last year.

In The Finish, journalist Mark Bowden quotes the president as saying he thought he would be in a strong political position to argue in favour of giving bin Laden the full rights of a criminal defendant if bin Laden went on trial for masterminding the Sept. 11 attacks.

But Bowden, who also wrote Black Hawk Down, about the 1993 battle in Somalia in which 18 U.S. soldiers were killed, says Obama expected bin Laden to go down fighting. A team of navy commandos, known as SEALs, raided bin Laden's compound in Abbottabad, Pakistan, in May 2011 and killed him.

The Finish is due to come out Oct. 16, a few weeks before the presidential election. The revelation that Obama hoped to capture bin Laden may provide political fodder for Republicans who have criticized the Obama administration for trying to bring terror suspects from Guantanamo Bay, Cuba, to trials in U.S. courts.

"Frankly, my belief was if we had captured him, that I would be in a pretty strong position, politically, here, to argue that displaying due process and rule of law would be our best weapon against al-Qaida, in preventing him from appearing as a martyr," Obama is quoted saying in an interview with Bowden.

THE ASSOCIATED PRESS

Muslims open their doors to Berlin on Unity Day

Muslims participate in midday prayers at the Sehitlik Mosque during open-house day for non-Muslims on German Unity Day (Tag der Deutschen Einheit) on Wednesday in Berlin. The city has a large Muslim immigrant community, and many of the its mosques open their doors to the public on the annual Unity Day. Tag der Deutschen Einheit marks the day in 1991 when West Germany and East Germany reunited following the end of the Cold War.

CARSTEN KOALL/GETTY IMAGES

Pussy Riot. Minister defends 2-year sentence for 'punk prayer'

Russia's justice minister is defending a two-year prison sentence handed down to members of rock band Pussy Riot, rebuffing European Union concerns that the punishment was excessive.

Alexander Konovalov says the sentence given to the three band members for hooliganism after they performed a "punk prayer" against President Vladimir Putin at Moscow's main cathedral is a "very subjective matter."

Konovalov was responding Wednesday to EU Home Affairs Commissioner Cecilia Malmstrom, who repeated EU concerns that the sentence was disproportionate to a "peaceful expression of protest," even though it may have offended many people.

Konovalov urged the EU to engage Russian authorities in dialogue instead of "coming up with a politicized assessment based on unverified information."

THE ASSOCIATED PRESS

Morocco. Safe-abortion boat could be turned away

Moroccan authorities said Wednesday that a Dutch ship promoting legal abortions set to dock in Morocco is operating outside the law and could possibly be stopped before arriving at a northern Mediterranean port.

The Dutch ship, which promotes safe and legal abortions worldwide, was invited by a Moroccan women's group to raise awareness in the struggle to legalize abortions, which are not allowed in the conservative Muslim country. It is scheduled to arrive at the port of Smir on Thursday.

It would be the "Women on Waves" boat's first landfall in a Muslim country.

"We haven't been informed about the arrival of this boat from a security standpoint. It's a boat we don't know or why it is coming, so I don't see what we can do," Minister Mohend Laenser told The Associated Press.

THE ASSOCIATED PRESS

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Together they are stronger: Elders Archbishop Desmond Tutu and Mary Robinson, former president of Ireland, lend their support to Youngers. CONTRIBUTED/JEFF MOORE/THE ELDERS

Where spirit meets action

Double vision. A superteam of young activists and senior public figures are aiming at nothing less than saving the world

ELISABETH BRAW
Metro World News in London

It's like Space Cowboys in the real world, with aging heroes returning to save the Earth.

Meet the Elders, a group of senior public figures whose stated purpose is to work, with "an independent voice, not bound by the interests of any nation, government or institution," for peace and human rights.

That mission can be controversial, as the Elders insist on listening to all sides in a conflict and speaking "difficult truths." Indeed, while Nelson Mandela's wife, Graca Machel, promotes an end to child marriage, former U.S. president Jimmy Carter and Mary Robinson, former president of Ireland, have visited North Korea to broker a peace deal with South Korea.

But when Mandela inspired Virgin Mobile founder Sir Richard Branson to help him launch a network of distinguished politicians, the legendary South African was almost 90. Branson named the new group the Elders. And now they're adding a youth division: The Youngers.

"The major barrier young people have is a lack of belief in youth held by those in power. They feel they have the monopoly of knowledge," says Esther Agbarakwe, a 28-year-old Younger from Nigeria. "There are emerging global civil-society networks working on sustainability that create greater pressure from the bottom up," adds Marvin Nala, 23, a Chinese Younger.

More than mentoring, what young leaders need most is support and a listening ear, says Katy Cronin, chief operating officer of the Elders. "Elders give The Youngers recognition. They're very talented young people, but they often feel that people don't listen. The Elders listen to them and give them confidence."

The Elders now include Archbishop Desmond Tutu and former world leaders such as Carter and Brazil's Fernando Cardoso. Tutu serves as the group's chairman, while Mandela has retired.

"My fellow Elders and I often travel to places of deep unrest and suffering, but we always find wonderfully bright, inspiring young people who fill us with hope," Tutu says. "Five years ago, when he founded the Elders, Nelson Mandela told us to reach out to the youth and that is precisely why — young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

The Elders have helped negotiate between the Koreas, in the Middle East, Cote d'Ivoire, Sri Lanka and Sudan. Elder statesman Lakhdar Brahimi of Algeria has just been appointed UN peace envoy to Syria.

"The Elders demonstrated their faith in young people and told the world that youth matters," Agbarakwe says.

Young at heart

"Young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

Archbishop Desmond Tutu, chairman of the Elders

Esther Agbarakwe CONTRIBUTED

Case study. 'We need to lift people out of poverty'

Esther Agbarakwe of Nigeria, also known as "Esther Climate," has travelled all over Africa leading environmental initiatives, and has served as the continent's co-coordinator for the UN Commission on Sustainable Development.

As a Younger, she has drawn inspiration from Elders Mary Robinson and Archbishop Desmond Tutu. "I was really honoured to be involved and have the influence to make changes," she says. Agbarakwe feels development has been held back by the "extreme politics and corruption" of African leaders.

"My greatest ambition is to support development that leads to environmentally sustainable growth in Nigeria, lifting people out of poverty and empowering them to hold government accountable."

KIERON MONKS/METRO WORLD NEWS

Martin Nala CONTRIBUTED

Case study. 'Youth have enormous power'

A volunteer litter-picker at the age of 10, Younger Martin Nala has devoted himself to grassroots activism on issues ranging from HIV to sustainability. He led a youth team to the Rio+20 summit.

"The result of Rio+20 is, for sure, depressing regarding nations' co-operation and international regime-building. But on the other side, I saw more energy from grassroots," he says.

Nala is determined to bring sustainability to his homeland of China and believes young leaders will make a difference.

"Youth brought up in cities may not be aware of how serious the problems are at this very moment," he says, pointing to the issue of air quality as an example. "If they see it, they have enormous power to change it."

KIERON MONKS/METRO WORLD NEWS

Entrepreneurs à la Sir Richard

Screw fashion as usual. The new label Maiyet

Fashion. Saving lives. The two can be polar opposites, but upscale label Maiyet hopes you fall in love with their designs first, then continue to purchase them because of their mission to help local artisans sustain their own businesses.

"What we don't do is produce pity products," co-founder Paul van Zyl explains to Metro. "We design products that people will wear regardless of the cause."

Maiyet scouts rare and unique artisanal items from around the world — like handwoven cloth from Varanasi, India and hand-carved bone from Kenya — to use in their products. Then they use part of their profits to fund training programs to educate craftsmen on how to make better quality products, and how to use their business to provide a stable source of income for their communities.

They also front the money to produce the goods so artisans don't have to be stuck in high-interest loans. All of that is on top of making sure that people get paid fair wages.

Quoted

"We design products that people will wear regardless of the cause."

Paul van Zyl, Maiyet co-founder

Van Zyl's background doesn't exactly scream Carrie Bradshaw: He is the former executive secretary of South Africa's post-apartheid Truth and Reconciliation Commission and he never really worked in the fashion industry.

What drew him to the project was the idea that people don't have to choose between doing well in business and doing good for the world. Van Zyl says the economic crisis has made people realize that there must be a better way to run their companies, and he believes that there is a way for moral markets to exist.

"We believe in trade and aid not trade versus aid," he explained. "We want these companies to be small and sustainable and to make beautiful products." METRO WORLD NEWS

Maiyet's clothing prioritizes their global artisans. CONTRIBUTED

Screw school as usual. The Khan Academy

With 186 million views — more than Justin Bieber — the latest viral YouTube smash features … school lessons about math, computer science and the Greek debt crisis? Yup, thanks to Salman Khan.

In 2004, Khan was a hedge fund manager tutoring his long-distance cousins with web videos. "They told me they preferred me on YouTube than in person," is Khan's catchphrase, a self-deprecating remark that's the key to his charm. The idea snowballed.

Eight years later, Khan Academy offers a combination of tutorial videos and an online classroom for the community to talk through their questions. The courses, which range from algebra to art history, are offered 24-hours a day to anyone. METRO WORLD NEWS

Screw soccer as usual. The homeless World Cup

It started with a chat between colleagues Mel Young and Harald Schmied in a Cape Town bar, discussing ways to bring attention to homelessness.

"Soccer is the 'universal language' that brings people together, wherever they are," says Young. "It is cheap and easy to organize and great fun for everyone — of all ages and abilities. It is also a team game, and is good for health and fitness. Soccer can have a huge impact on people but all sports have the power to change people's lives."

Today, their Homeless World Cup helps the homeless, people who are struggling with drug and alcohol addiction and those with HIV/AIDS. All participate in the annual tournament, which will take place in Mexico City Oct. 6 through 14 this year. METRO WORLD NEWS

More Canadians border-hopping for cheaper flights

A new report finds that a soaring number of jet-setting Canadians are border-hopping to catch cheaper flights.

The Conference Board of Canada report, issued Wednesday, said that about five million Canadians now cross the U.S. border by land every year to fly out of American airports.

Higher airfares and fees and taxes in Canada, as well as differences in wages, aircraft prices and industry productivity makes it 30 per cent cheaper to fly out of the U.S.

The Conference Board says fees and taxes make up about 40 per cent of the cost of an airplane ticket in Canada.

The report suggests that while other factors are beyond government control, small reductions in the airfare differential could lead to traffic gains for Canadian airports and carriers.

It estimates that changes to Canadian policies alone could bring more than two million passengers a year back to Canadian airports.

Federal Finance Minister Jim Flaherty told reporters Wednesday that Ottawa is "concerned" about the issue and that federal Transport Minister Denis Lebell "has been working on a consultation project with the airlines, with the airport authorities in Canada to try to see what we can accomplish."

The Conference Board analysis focused on Vancouver International Airport, Pearson International Airport in Toronto, and Montreal-Trudeau International Airport, along with their cross-border competitors.

"The fact that Canada's largest airports are losing traffic to cross-border competitors matters because it undermines their role as national and international hubs," said David Stewart-Patterson, the Conference Board's vice-president of public policy.

"When a Canadian hub airport loses passengers, it can lead to reduced flight frequencies, higher travel costs and poorer service for all Canadians." THE CANADIAN PRESS

Market Minute

DOLLAR
101.20¢
(-0.40¢)

TSX
12,359.47 (-31.76)

OIL
$88.14 US (-$3.75)

GOLD
$1,779.80 US (+$4.20)

Natural gas: $3.395 (-13.6¢)
Dow Jones: 13,494.61 (+12.25)

Yesterday at work, Michael serviced an alarm system that helped protect a family.
AND YOU? WHAT DID YOU ACCOMPLISH TODAY?
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FANCY RESTAURANTS? STICK A FORK IN ME, I'M DONE

HE SAYS...
John Mazerolle
metronews.ca

So I was at a fancy restaurant recently, which, given my lack of kitchen skills, is a bit like Patrick Stewart at a hair salon or Gandhi going out to play paintball.

A lot of culi-narys like me eat at restaurants, but rarely has the contrast been this extreme.

On the one hand, you had me: The worst cook in the world, topping out in creativity with my piece de resistance bacon and eggs (now with toast!)

On the other, you had the restaurant: Geranium, an establishment in Copenhagen overseen by the best chef in the world.

Geranium is a Michelin-starred restaurant, so that guy made of tires likes it, and the "best chef" label comes thanks to the Bocuse d'Or, a world cooking contest revered by chefs because it's the only one ever created that doesn't involve Gordon Ramsay.

I felt so out of place that I was nervous when I arrived. Understand that my childhood eating experiences were centred around meals like soggy fish sticks and Grade "Needs Remedial Help" beef.

KD Kid

"I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, 'Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15.'"

I eat at lots of restaurants now, it's true, but I still felt like there was potential for embarrassment at such a classy joint. Maybe I'd do the wrong thing and everybody would freeze.

"Gasp! He's using the dessert fork for the appetizer!"

"My. God. Toss him?"

"No. But let's change the meal to a bowl of Kraft Dinner and a pat on the head."

I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, "Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15."

Instead, they led me to my table and were very patient with me as they explained each of the 15 courses.

Server: Did you enjoy your emmer and spelt, sir?

Me: Maybe?

Server: You're doing fine, sir.

Me: I think I ate my napkin.

Server: Very good.

If I had eaten my napkin, you can bet they would have come running with a new one. That was a perk I learned quickly: Finish a drink, they refill it. Done with a fork, here comes a new fork. I was alone, but if I had a date with me I might have knocked her from her chair just to see if they'd immediately plunk down a new one.

So the service was fantastic, and the food was great, too.

I came away inspired and planned to change my personal cooking habits. From now on, whenever I eat a strip of bacon I will immediately replace it with another strip of bacon and so on in that fashion. The Bocuse d'Or is mine.

In order to climb the ranks in the restaurant biz — refill, refill, refill.
JOHN MAZEROLLE/METRO

Bite-size meal for a beast

CAMERON SPENCER/GETTY IMAGES

Sydney, Australia

Croc wakes up to a beefy breakfast

Rex, one of the world's largest crocodiles, feasts on beef ribs after waking up from his lengthy slumber.

It's the first meal after three months of hibernation for the five-metre, 700-kilogram saltwater crocodile, who resides at Wild Life Sydney Zoo. Keepers Wednesday lowered the food from a safe distance to avoid being part of the meal themselves. **METRO**

Crocodile digestion

They need plenty of sun in order to eat

Body temperature is the key reason why crocs feast between long intervals.

"As crocodiles are cold-blooded creatures, they need sunlight to give them the energy they need for metabolism, in order to digest their prey items," crocodile specialist Shaun Foggett told Metro.

Saltwater crocodiles are one of the few predators that consider humans to be a prey item. **METRO**

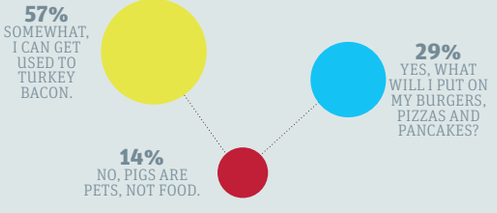
Saltwater crocs

- **Size.** Largest living crocodilian — specimens at 1,000 kilograms (2,200 pounds) are not uncommon.
- **Speed.** Can swim at 40 km/h and can travel 32 km/h land. "Their speed is the most astonishing thing about them," Foggett said.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear a looming bacon shortage?


57%
SOMEWHAT, I CAN GET USED TO TURKEY BACON.
29%
YES, WHAT WILL I PUT ON MY BURGERS, PIZZAS AND PANCAKES?
14%
NO, PIGS ARE PETS, NOT FOOD.

Twitter

@heather_mo:
Off to MC the In Motion kick-off. Think a little rain and chill can stop an outdoor dance party? Not in my city.

@vivemusic:
With a nick nack paddy-whack don't buy the new iPhone

@quinnjn:
@poutinerie needs to come to Saskatoon

@monettey:
Here's the big question, do I volunteer at the Memorial Cup in Saskatoon, or buy tickets? I would love that sweet jacket... #MemCup2013

@action_jay:
If #yxe's @burninlover makes it to Big Brother I think I might have to watch. I could see him winning over all the ladies with Disney talk

metro

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Safwan Javed, left, Shaun Verreault and Gordie Johnson of Wide Mouth Mason play Louis' Pub in Saskatoon on Oct. 10, in support of their new album No Bad Days. HANDOUT

Wide Mouth Mason return to their Saskatoon roots

New bassist, new style. Revitalized band would never consider a concert tour of Canada without a stop in their 'special' hometown

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Eric Clapton's classic song Layla tells the tale of a girl who "turned my whole world upside down." There's another legendary guitar player who can identify closely with the lyric.

However, the association is a much more positive one for Wide Mouth Mason's Shaun Verreault.

Layla is his four-month-old daughter, named at least partially after one of the most famous rock song title characters in history, and probably the luckiest infant in the world if you're a fan of the band.

"I was never a daily singer; I was always in my head a guitar player who happened to be a singer. Now with (Layla) here, I sing for hours and hours a day," Verreault said in a telephone interview, shortly before departing for Montreal for a cross-Canada tour.

In addition to helping get her daddy's voice into "the best shape it's ever been," Layla also potentially fuelled material for his next several albums, mostly composed over the change table between one and three in the morning.

"I've written dozens of songs in the last little while," said Verreault. "They're all full of the hallucinogen that is sleep deprivation, so I don't know if any of them are any good. But it's been a fertile time in more ways than one."

His family isn't the only important entity in Verreault's life that has recently welcomed a new addition. Gordie Johnson has joined Wide Mouth Mason, replacing bassist Earl Perreira, who left to pursue opportunities with his new band The Steadies.

Johnson initially joined the lineup with Verreault and drummer Safwan Javed, when Wide Mouth was offered a tour spot opening for ZZ Top. He had served as album producer for the band, but Verreault says the transition to playing with them was "seamless."

"After about the third ZZ Top date, we all looked at each other and went, 'is this the most magical chemistry, on stage and off, that we've all ever experienced?,'" said Verreault.

It's a feeling reflected in the band's new album No Bad Days, which they will be promoting as they make their way west across the country, culminating with two dates at the Commodore in Vancouver where Verreault now lives.

But no Wide Mouth Mason tour would be complete without a stop in Saskatoon, the hometown of both Verreault and Javed, and a place that still holds special significance for the band.

"Most of the songs we've ever written were written in (Safwan's) parents' basement," Verreault said. "There's definitely something special about going back to where it all began and re-imagining the entire thing."

Hometown heroes

It's a long way to the top from here

Wide Mouth Mason is one of the most successful bands to ever come from Saskatoon.

They formed in 1995 when childhood friends Shaun Verreault and Safwan Javed joined bassist Earl Perreira.

They rose to popularity with the hit songs Midnight Rain, Smile, Change, My Old Self and Why, and have opened for such impressive headliners as The Rolling Stones, AC/DC and ZZ Top.

On the web

Sweden to open museum showcasing career of '70s pop group ABBA

NEED A RIDE?
Read metrodrive every Wednesday.

BEING BRANSON

THE MANY FACES OF THE VIRGIN MAGNATE

"Like a virgin, touched for the very first time." OK, it's a Madonna hit — but Sir Richard Branson comes to mind whenever you hear the word 'virgin.' Today, Branson's group, which runs some 400-plus companies in areas from mobile telephones and travel to music and health services, has more than 50,000 employees and annual revenues of around $21 billion US.
An iconoclast and adventurer, he is also deeply involved in non-business activities. Meet the other Bransons.

ELISABETH BRAW
elisabeth.braw@metro.lu

ILLUSTRATIONS: MIA KORAB/METRO WORLD NEWS

Disarmament: Let's get rid of that old junk and save money

Twenty years ago, the United States and Russia had thousands of nuclear weapons each.

The arsenal was called MAD, Mutually Assured Destruction, because they could easily annihilate the world many times over.

Today, the world's nuclear powers — the U.S., Russia, Britain, France, China and unofficial nuclear countries like India and Pakistan — still have hundreds of nuclear warheads.

That's enough to destroy the world many times over, and these weapons cost more than $1 billion US per decade.

As a result, Sir Richard Branson and some 300 world leaders have formed Global Zero, a global organization that advocates eliminating all the world's nuclear weapons.

He says

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

Sir Richard Branson

"From a deterrent point of view, a country only needs 300 nuclear weapons," Branson told Metro earlier this year.

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

That's because maintaining the current nuclear stockpile is hugely expensive: The total cost to official and unofficial nuclear weapons states is expected to surpass $1 trillion US in the next decade, according to a study released by Global Zero.

Global Zero now also has some 400,000 members worldwide.

The Elders: working for peace

They're old — and cool.

When Nelson Mandela retired as President of South Africa, he wanted to use his stature to help solve conflicts around the world. He turned to Branson, who agreed to co-found and fund The Elders.

And The Elders are just that: older statesmen whose reputation allow them to crisscross the world and help solve disputes.

Mandela has since been joined by, among others, his old friend Archbishop Desmond Tutu, Graca Machel (Mandela's wife, who has a long political career in her native Mozambique) and former U.S. president Jimmy Carter.

The Elders fill a unique need in international politics as there's no institution or organization to which parties in conflict can turn.

The United Nations appoints envoys, but their missions are official and subject to pressures from UN member states. The Elders go in a private capacity.

And after missions to the Koreas, Middle East, Cyprus and Sri Lanka, The Elders have gained the top players' attention: Lakhdar Brahimi, one of The Elders, has just been appointed UN envoy to Syria.

Space exploration: The sky is no longer the limit

The state of New Mexico hosts a novel installation: a spaceport. Starting next year, space tourists willing to pay $200,000 US will be able to blast off from Spaceport America on a Virgin Galactic spacecraft. They'll spend two and a half hours in space and five minutes in weightlessness.

Branson says his flights are not frivolous — scientists will use the flights to carry out research on the ozone layer and NASA will rent space on flights.

His quote

"I know there are literally thousands of people who would love to go to space, to be able to look out the window, to marvel at the beautiful Earth."

Sir Richard Branson
told AFP news agency

Legalizing drugs: Follow Portugal's example

Take a look at Mexico: between January and September last year, nearly 13,000 Mexicans were killed in drug-related violence. Since the country's government launched its war on drugs six years ago, nearly 48,000 people have been killed.

More than 50,000 troops and policemen are involved in the war against drugs — and that's just in Mexico.

Each year, some $13 billion US worth of drugs are smuggled from South America to the United States.

Combating drugs, argues Branson and others, is a waste of time and money.

Online

For more on Branson's push for decriminalizing drugs, click on metronews.ca.

Earlier this year, he testified to the British Parliament about the benefits of decriminalizing drug use, noting that countries like Portugal, which have decriminalized drug use, have seen a drop in both the number of drug addicts and the amount of drug-related crime.

In fact, Branson joins a growing chorus of voices in favour of softer drug legislation. Together with global leaders like Peruvian writer Mario Vargas Llosa and Ernesto Zedillo, former president of Mexico, he has formed the Global Commission on Drug Policy, which supports softer drug legislation.

Humanitarianism: It's up to businesses

OK, Branson surfs for fun, but he's also developed a knack for performing publicity stunts for good causes. A good cause, he argues, is often good business.

The boundaries between work and purpose are merging into one, he writes in his new book, Screw Business As Usual.

Branson names his concept Capitalism 24902. (The name refers to the circumference of the globe.)

"Every single business person has responsibility for taking care of the people and the planet that make up our global village," he writes.

Curing disease may be the most daunting task facing the business person who wants to save the planet.

In Britain, Branson thought up the Virgin Health Bank, where parents can store their children's stem cells.

"These cells could be used to treat a wide range of other conditions, from heart disease to diabetes, in the future," he says.

Music: The king maker

In the '60s and '70s, he started selling records while running a magazine. Virgin's first release was Tubular Bells by Mike Oldfield (1973), a chart-topper that led to deals with the Sex Pistols, Culture Club and many more. He sold Virgin Records to EMI in 1992 for $1 billion US.

Quoted

"The music industry can make people rich beyond their dreams..."

Sir Richard Branson
Losing My Virginity. The Autobiography

Environment: Deal with problems in an entrepreneurial spirit

Celebrities like to travel to Necker Island, Branson's island in the Virgin Islands.

But Branson has smaller friends on his island too — ring-tailed lemurs, an endangered species from Madagascar that Branson has imported to his island in an attempt to save the animals.

Branson has larger environmental ambitions, too, and not just out of a desire to save the Earth.

"We have to deal with environmental problems in an entrepreneurial spirit," he told Metro earlier this year.

"For example, Virgin's new aviation fuel uses waste from steel mills. Millions of jobs could be created worldwide by greening our cities. The environment would benefit, the cities would benefit, regular people would benefit, and it would stop money pouring out to the Middle East."

Branson has pledged to donate all his aviation businesses' profits to the development of alternative fuels.

His new Carbon War Room, in turn, encourages entrepreneurs and venture capitalists to come up with solutions to global warming.

When a farm dog comes to the city

The Dog Whisperer.
Cesar Millan helps a Metro writer with a canine conundrum

LIZ BROWN
liz.brown@metronews.ca

Cesar Millan teaches Metro's Liz Brown a few tricks. SUPPLIED

Diving on top of my dog, April, to stop her from darting out onto a busy Toronto street in pursuit of a squirrel, left me with two bloody knees.

As I limped home, April jerking me in all directions in search of more prey, I knew I needed help.

My seven-year-old lab mix wasn't exactly adapting well to city living after spending the last year on my mom and dad's farm. Instead of spending her days prowling bucolic fields for rabbits and heading out on off-leash hikes with my family, she was now confined to a 350-square-foot bachelor apartment and spends at least eight hours alone each day. Aside from pulling me into oncoming traffic, she was also chewing bald patches in her coat. Short of sending her back to the farm, I didn't know what to do.

So when I limped into work last week after my April accident and my boss asked me if I wanted to interview Cesar Millan, who was in Toronto at the Newstalk 1010 studio to talk about his Trust Your Instincts Tour, I took the assignment. If there was anyone who could help me, it was the Dog Whisperer.

How do you help a dog make a major transition?
It's very important we acknowledge their uncertainty. What we need to do is no touch, no talk, no eye contact with dogs that come from an area where it's not as hectic. We need to let them come to us and get to know us from an energy perspective. That's the best thing you can do to any dog to let it know that you're welcoming them into this chaotic life.

How do I get her to stop chasing squirrels?
That's the thing. On the farm you don't mind that, you know she's coming back. But at the same time, there's one thing I would teach farmers: If you're ever going to bring a dog to the city, you have to do the transition of it ahead. You can control instincts, hunters do it all the time. So you have to be able to control that desire. (He points to the harness I have on April) Number one, that harness is not going to help you. A harness is for pulling or tracking behaviour. A harness creates this (he stands up, darting back and forth and sniffs the air). And then the human is doing this (tenses up and looks afraid) "no, stop it, no, heel, no, over here, no, leave it." So the human is talking, but he's not creating calmness. The leash on the neck creates a calm state.

How can I stop her from chewing?
It's a physical reaction to the new life because the level of stress. It's the same thing as why people numb themselves more often in the city than on a farm, because on a farm you're tired from physical work and the relaxation. (April starts chewing as we're talking, Cesar gives her a swift touch). You just give her a touch to stop the chewing. A lot of people will grab the nose and the mouth and say "no don't lick yourself, stop it." That doesn't work because you're giving the dog tension when he's already tense. So first, I stop the behaviour, then let her go into a calm state.

How can I give her enough exercise?
You need rollerblades. You need to match her speed.

Um, I'm not you, I've seen you on TV with rollerblades and dogs. I can't do that.
(Laughs) I control the speed and direction. We know dogs don't want to walk, they want to run. Most people bring them from the house to the dog park and that's not healthy. What I'm saying is that "I'm going to take you out of the house and you and me, we're going to run." And the dog thinks "you were with me the whole time, telling me what not to do, what not to chase." You need to be in control. Sometimes I have 15 dogs when I'm rollerblading.

Have you ever had any crazy falls?
Of course. But I just get back up. I used to surf. The waves knock you down all kinds of times, but you get back out there. I don't have fear. I'm not afraid of dying, it's not in my space. When you fall, sometimes the dog still goes and he's still excited and then you're chasing him and it's "cluck, cluck, cluck" on your rollerblades and he thinks you're playing (laughs).

So what's the most important thing for dog owners to remember about transitions?
What we have to understand is number one, how do we feel about this transition. And be honest, you have to have some brutal honesty. "I'm nervous, I'm fearful, I'm anxious, I'm confused." It's OK, so now you know the problem is not the transition for the dog, but how your energy affects them. I train people and rehabilitate dogs. I train people to see themselves as energy. So it doesn't matter what you want in life, it matters how you deal with life.

For more...

- **Cesar Millan's Trust Your Instincts Tour.** Canadian tour begins Nov. 4 in Victoria, and stops in 19 cities. For information about the show closest to you, visit metronews.ca.
- **Video.** Go to newstalk1010.com for an in-depth interview.

Kate Middleton. ALL PHOTOS GETTY IMAGES

Royal family fears more Middleton pictures to come

The British royal family's latest headache is apparently far from over, despite their victory in court against a French magazine that published topless photos of Kate Middleton.

There are apparently more photos — and possibly even a video — from their French vacation, and the latest also reportedly feature Prince William himself.

"Newspaper pictures editor tell me there are as many as 270 pictures being hawked around, which feature both the Duchess and Prince William naked," says the Telegraph's Willard Foxton. "Only 24 have appeared thus far. The Palace's nightmare is that the pictures are stills from a video."

Quote

"There are as many as 270 pictures being hawked around."

Willard Foxton
On photos of the Royals floating around

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Arnold's new memoir full of some choice quotes

THE WORD
Dorothy Robinson
scene@metronews.ca

Arnold Schwarzenegger's new memoir, Total Recall: My Unbelievably True Life Story, is 640 pages of straight-up boasting by the former bodybuilder-turned-movie-star-turned-governor.

Oh, his ego. It truly is unbelievable. Metro compiled the best, non-humblebrags from the book.

When he first started dating Maria:
"The outside world looked at our relationship in a simpleminded way, as a juicy success story. 'Isn't it amazing that he wins Mr. Olympia and all these bodybuilding championships and then he gets this big movie contract and then gets a Kennedy as his girlfriend?'"

When he first met his future mother-in-law, Eunice Kennedy:
"The first words I blurted out were, 'Your daughter has a great ass.' I always loved to say outrageous things to people."

On their rehearsal dinner:
"The toasts on Maria's side were about her and how great she is and how I'd benefit from being her husband. From my side it was the opposite. What a great guy and perfect human being I am, and how she'd benefit from that."

On justifying cheating on Maria before they were hitched:
"The fling with Brigitte Nielsen underlined what I already knew, I wanted Maria to be my wife."

His take on acting:
"Compared to being an action hero, it was a lot easier to be a comic star."

Amazing Arnold quotes taken out of context:
"Doing battle with a giant mechanical snake left me sore for a week."

"Jewish people have played such keys roles in my life."

"There was something comical about seeing two black people accusing each other of being black. We laughed about it later."

Rihanna

Rihanna continues reconciliation with Chris Brown

It looks like Rihanna just can't keep away from Chris Brown — even if he is supposedly dating model Karrueche Tran.

The infamous exes were spotted at NYC nightclub The Griffin this week "hugging and kissing," a source tells Celebuzz.

"And they went to the back of the club alone together."

And Brown was spotted early the next morning sneaking out of the hotel where Rihanna is staying.

Quote

"They went to the back of the club alone together."

Source
Talking about Rihanna and Chris Brown

The public displays of affection did not go over so well with Tran, apparently. "She felt the kiss was a public slap in the face," a source tells Us Weekly.

Twitter

@ladygaga
I feel like I'm staring at my album on the floor in hundreds of trimmings, to be sewn into a couture gown. In beautiful pieces, she is.

@JohnCleese
Just sitting down to start my autobiography. Problem is... remembering any of it ...

@PaulaAbdul
Awwww! I missed you too! xoxoP

@ConanOBrien
Starting a 3-day juice cleanse by dunking my cheeseburger in juice.

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'Tis the season for seduction, fun and body armour

Getting out the glitz, glam and faux-fur at Paris Fashion Week

PHOTOS AND TEXT BY ASSOCIATED PRESS

Miu Miu Meow!

Miu Miu's spring-summer 2013 show in Paris had a wintery vibe. Despite the slightly off-kilter season, it was a slick display, with lashings of faux-fur on coats and stoles with dyed patterning at the brand often seen as Miuccia Prada's baby sister offshoot. It picked up nicely on this season's fascination with prints as contrasting explosions on loose skirt suits — sometimes resembling the negative of a photograph. As ever, it remained demure, but back features graced a few reversed tops.

Vuitton goes retro-chic

What do you get if you mix up the world's most famous checks and Paris' most famous stripes?

The answer: Louis Vuitton, whose 1960s style spring-summer fashion show, in typically spectacular style, twinned the iconic checked Damier pattern with a set designed by artist Daniel Buren. Understatement is not a word in designer Marc Jacobs' vocabulary. So a collaboration with minimalist artist Buren — who made the famed striped columns in Paris' Palais Royal — might have raised eyebrows.

In fashion terms it was strong, with most of the 64 retro looks delivered in Mary-Quant-style.

Chanel perks up!

Fun was the healthy mantra that infiltrated Tuesday's Chanel show — a bright and diverse collection brimming with great new ideas. Silver bauble appliqués became buttons, A-line skirts were playfully short, colourful checks contrasted funkily with geometric flashes and feather fringing billowed exuberantly. One model in a crossing "C" swimsuit even carried a three-foot handbag. A bold new fashion idea was the reworked bolero jacket with curved shoulders, often spruced up with inflated arms.

Sarah Burton spars McQueen style

Fashion is body amour. At least it is for Sarah Burton, who tapped her fantastical imagination for Alexander McQueen to conjure up fashion week's most original show: mixing insect-like armoury with on-trend stiff bar jackets of the New Look, as well as 19th century crinoline.

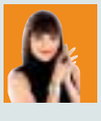
If it sounds strange, it was — set to a backdrop of images of bees and honeycomb — with each model wearing a visor reminiscent at once of the 1950s wide hat, a cage and a beekeepers mask.

Valentino between the lines

"Suggestion is seduction," was the theme of Valentino's accomplished spring-summer 2013 show in Paris, which saw the storied Italian fashion house move subtly more sensual. Italian design duo Maria Grazia Chiuri and Pier Paolo Piccioli kept their strict, high collars and didn't bare too much flesh but eased their conservative designs, in razor-thin slits and cutouts.

Twitter

Jeanne Beker soaks up Paris Fashion Week



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: Les bijoux de Lydia Courteille...a Rue St. Honore. Paris inspires desire!

@Jeanne_Beker: Tour de force collection @louisvuitton And not one monogram. Just checks, grids, + flower shapes.

@Jeanne_Beker: The lovely Leigh Lezark @ themisshapes in Chanel's modern baroque cruise look a la Marie Antoinette.

On the web

Qriket

Christina Applegate's breast cancer charity teams with ASICS for pink athletic gear

No neckties allowed

Sir Richard Branson is famous for taking scissors to neckties.
So in honour of his laid-back boardroom look, we've recreated his style at three different price points.
P.S. Flowing, golden locks not included.

RICHARD PECKETT
richard.peckett@metro.lu

BILLIONAIRE'S BUDGET

Paul Smith
Unstructured blazer
$1,390 US, mrporter.com

Z Zegna
White shirt
$255 US,
harrods.com

Nudie
Average Joe dry organic straight jeans
$200 US,
shop.nudiejeans.com

Browns
Leather belt, $142,
brownsfashion.com

Church's
Paris derby shoes, $465,
church-footwear.com

FEELING FLUSH

Banana Republic
Tailored black cord blazer
$198 US, bananarepublic.com

APC
Poplin white shirt
$225 US, apc.fr

Edwin
ED-55 Red Selvedge unwashed
$195 US,
edwin-europe.com

Grenson
G-One Cannon derby shoes
$458 US,
matchesfashion.com

Reiss Vincent
Luxe formal suit belt
$85 US, reiss.com

THE FRUGAL FASHIONISTA

Uniqlo
Velvet blazer
$170 US, uniqlo.com

Zara
Men's white poplin shirt
$50 US, zara.com

H&M
Straight regular jeans
$20 US, hm.com

Topman
Slim leather belt
$24 US, topman.com

ASOS
Derby shoes
$60 US, asos.com

Here's a bright idea: Lights!

Design options. Update your space with some new lighting

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I've always said that the simplest way to change the look of a room is with a new paint colour and some new lighting.

A new light fixture not only adds an attractive accessory to a room but can instantly update a bedside, over a dining table or a hallway.

Add a new light fixture to update your space and then install some dimming switches; you'll be amazed at how different your place will look and feel.

Pendants
Caged styles can be used above kitchen islands, dining tables or in the centre of rooms (with high ceilings). Graphic and modern teardrop cage styles are all the rage and help add a chic industrial look.

Flush mounts
Sleek and more interesting are those cheap 1970-styled canopied fixtures. Classic X-patterns with gold or brass metal finishes are very popular right now.

Table
Look for traditional shapes with trend-setting colours. The neutral gourd style table lamp has been around for a long time and remains a staple in decorating.

Floor
Either very traditional or very modern; discrete yet trendy metal finishes keep the floor reading lamp in style.

The small banker style lights are great for scattering around reading chairs and the end of sofa areas. Interesting, useful and slightly retro in style; the 1960's floor lamps shine a bright light when used to fill a dark corner or highlight artwork.

Charles bronze chandelier, $493
Unfussy lines keep the classic chandelier simple yet stylish. crateandbarrel.com

Mary McDonald Directoire, $695
Architectural style up high; great in hallways and bedrooms.

Koleman floor lamp, $345
Discrete and stylish reading light that keeps tabletops clear.

Satori pendant, $595
Caged style lighting adds an airy and sculptural quality above the table.

Small Triple Gourd, $300
The classic designer shape in updated grey and bronze finishes.

Bristol floor lamp, $795
Shed a bit of light on your favourite art; a great way to brighten a dark corner.

All photos from robertabbey.com

Soon it will be too cold for all these fun chores. ISTOCK IMAGES

Outdoor chores are a great way to work off that Thanksgiving pie

DIY ideas. Check out these tips for projects you can do all around your house

The autumn long weekend is here, and it's a great time to get some things done around your house before the weather gets much colder.

Take inspiration from DIY Network's special The Ultimate Crash where hosts Josh Temple, Matt Muenster and Ahmed Hassan join together to give one house three massive makeovers — house, yard and bath.

House: Get the look of autumn
Window boxes are a popular way to bring colour in the summer months, but they can also be updated in the cooler months to reflect the décor of the season.

You can reflect your own style by creating window boxes that are traditional or modern. Try to use vivid colours that reflect the season like oranges, rusts and red which can be found in gourds, pumpkins, and mums. Leafy textures are also popular and can be incorporated through fountain grass, variegated ivy, ornamental cabbage or black mondo grass.

Take advantage of the many types of pumpkins available now, as well as seasonal branches like bittersweet that can add an extra pop of colour.

Yard: Winterize your lawn
Cooler months are a great time to promote root growth in your lawn, and you will see results in just four easy steps.

First use a spreader to fertilize the lawn, following directions carefully to ensure you use the correct amount.

Secondly you must aerate the lawn to provide air for the roots and make holes for planting seeds by taking out spikes of soil.

The third step is to seed the lawn. Be sure to purchase 'cool season' or 'cool weather' grass seed to use at this time of year. Evenly distribute the seed over your lawn.

Lastly you need to rake and water. Raking will break up soil clumps and cover the seeds to protect them. Water the lawn with a gentle spray on your garden hose. Continue to keep your lawn moist before the real cold weather begins.

Bath: Tips for a better bathroom
Use free time this weekend to maximize space, light and style in your bathroom for a spa-like experience all winter.

Consider installing indirect lighting behind your bathtub and setting tea lights on the windowsills to set the mood for a relaxing soak that will warm you up this winter.

Depending on the layout of your bathroom, now might be the time to install an additional sink or even an automatic hand-dryer. Both of these can ensure your bathroom is efficient, practical and clutter-free.

Take tips from the outdoors this fall and use reclaimed wood to frame recessed shelves or even as a mirror frame to add new style to your bathroom.

THE ULTIMATE CRASH AIRS ON DIY NETWORK CANADA SUNDAY OCTOBER 7 AS PART OF A HOUSE CRASHERS MARATHON BEGINNING AT 10AM ET/7AM PT.

Single? You just need your space

The Bachelor Canada kicked off last night as 25 bachelorettes vie for the affection of former Canadian Football League player Brad Smith at a mansion in Victoria, B.C. But what about all you bachelors and bachelorettes out there? Well, celebrity interior designer Jillian Harris knows a little bit about what it's like to be The Bachelorette — she was Canada's first ever on the hit show. Harris shares some easy, quick DIY and design tips that can drastically change your space with the flip of a switch.

PHOTOS AND TEXT FROM JILLIAN HARRIS

For him

Her inspiration

"I'm thinking: Dude just scored himself a sweet job — he wants to have a place of his own and do a little growing up without having too mature of a pad. So I layered lots of textures and patterns to keep it fun, integrated, outdoorsy, industrial and rustic elements all the while still screaming 'hey cutie look at me. I have good style.'"

Bachelor pad must-haves

- **Skulls and furs are a style must**
- **Stool.** Country Furniture
- **Kilim Pouf.** Country Furniture
- **Clock.** Restoration Hardware
- **Night stand.** Country Furniture

For her

Her inspiration

"All things feminine. Really thinking about what would inspire this woman to wake up and feel inspired and ready to take on the day. Lots of light, mirrors, crisp airy colors. A little glitz and some whimsy. We used window coverings as wall covering in her master to give an opulent rich effect and bold stripes to give it that edge. We also used clothes and shoes as art which is not only a money saver but a conversation starter!"

Bachelorette pad must-haves

- **Sofa.** Country Furniture
- **Stool.** Crate & Barrel
- **Duvet.** Urban Outfitters
- **Chandelier.** West Elm
- **Driftwood Coffee Table.** Country Furniture

There are plenty of factors to think about — lifestyle, budget, mortgage, etc. — that go into deciding on a first home purchase. ISTOCKPHOTO/THINKSTOCK

Build your decision on these tips

ASTRID VAN DEN BROEK
For Metro

Townhome or detached? City or suburb? There are plenty of factors that go into deciding on a first home purchase. Here's what you need to know.

IT'S ALL ABOUT THE MONEY

This is really where your home search begins — how much can you afford? And a realtor can help you determine this, notes Ron Abraham, president of the Toronto-based Ontario Real Estate Association. "You need to know what you can afford and how not to get in so deep that you end up in financial difficulty," he said.

"So take the advice of a realtor — how much do you make? How many bills do you have? You need to know how much you can realistically afford to buy that dream."

SET REALISTIC EXPECTATIONS

"One of the problems with buyers today is they're used to living at home in their parents' nice four-bedroom, three-bathroom, three-car garage home," Abraham said. "And then they want to start where their parents are today after 30 to 40 years of hard work. They have to get their expectations aligned with what they can afford."

Not sure where to start researching? Realtor.ca lists multiple real estate agent affiliated listings coast to coast and allows you to search via price, home features and more.

KNOW YOUR LIFESTYLE

Sit down and think through your way of life, which in turn will help determine where and what type of home you buy.

"You need to consider factors such as: Are you outdoorsy types? Do you prefer a vibrant downtown community? Do you plan to have children? Also, along with knowing what they like, they need to anticipate what their needs will be," Abraham said.

He also suggests considering all factors involved, including home maintenance — do you like doing repairs and maintaining a lawn and garden?

"If not, maybe a condo is for you because condos offer different features. There are advantages and disadvantages for both," he said.

In the end, Abraham advises buyers to take a hard, realistic look at what you want in a home versus what you need in a home.

"Because for homebuyers, quite often those are two different things."

Where to get help

Before you meet with prospective real estate agents, click on Canada Mortgage and Housing Corporation's site (cmhc-schl.gc.ca).

There are a variety of decision-making tools available to help you make the big purchase including: Checklists to evaluate real estate agents; home inspection checklists; home features checklists; mortgage calculators; home hunting comparison worksheets; and more.

Price depends on where you live

Many factors affect the price of your first home, but few things rival that old real estate truism: Location, location, location.

While the size of the home, its proximity to downtown, and the age and quality of materials will all affect the price, the city you buy in will likely dominate other variables.

Metro looked at prices in five cities across the country: Vancouver, Calgary, Toronto, Montreal, and Halifax.

If you want to buy a townhouse in the Greater Montreal area, you can expect to pay about $290,300. In the Greater Toronto area, a townhouse goes for about $324,200. A Calgary townhouse averages $276,600. The Greater Vancouver area will set you back the most — a $462,300 cheque for your first townhouse. According to Royale LePage, an average Halifax townhouse costs about $270,000.

There is a wide range for single-family homes. In Vancouver, you can expect to pay almost $1 million — or $941,900, to be exact. In Calgary, the price is half that, with an average single-family home going for $420,200. In Toronto, that same house will cost you $523,100. In Montreal, you will be paying just $302,300. The Canada Mortgage and Housing Corporation lists an average Halifax home at $259,060. However, if you are looking for a first-time Halifax home off the peninsula, you can get one for around $230,000.

JON TATTRIE

John Kinloch
Realtor®
Phone 306-880-SALE (7253)
jkinloch@realtyexecutives.com

Thinking of buying your first home?

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For more details, visit:

www.dreamhomejohn.com

Travis Bruce
TD Canada Trust
Manager, Residential Mortgages
Phone 306-251-0169
travis.bruce@td.com

Who better to celebrate soup season with than The Soup Sisters?

Caren McSherry is one of the Soup Sisters in the Soup Sisters Cookbook. As owner of the Gourmet Warehouse, a store that offers high quality gourmet foods and supplies in Vancouver, and a cookbook author, she knows all about making delicacies.

In the book, McSherry shares her recipe for her Tuscan Bean soup.

Ingredients

- 2 cups (500 ml) cooked white navy beans (drained and rinsed if canned)
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 stalks celery, diced
- 1 leek, white and pale green parts only, washed and sliced
- 1/3 cup (80 ml) olive oil
- 6 large Roma tomatoes, diced
- 3 cloves garlic, minced or finely chopped
- 2 sprigs fresh thyme, leaves only
- 8 cups (2 l) chicken or vegetable stock
- Salt and pepper to taste
- Sun-dried tomato crostini (see below)
- Freshly grated Parmesan cheese for garnish

1. Purée half the beans until smooth, adding a little water if necessary. Place the puréed beans in a bowl with the remaining whole beans and set aside.

2. In a large pot over medium heat, sauté the onion, carrot, celery and leek in the oil, until the onion is softened.

3. Stir in all the beans and the tomatoes, garlic and thyme.

4. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low.

5. Simmer, uncovered, until the vegetables are tender, about 30 minutes. While the pot simmers, prepare the crostini (see below).

6. Season the soup with salt and pepper to taste.

7. Ladle up in a wide shallow bowl, and garnish with grated Parmesan and playful floating crostini.

Sun-Dried Tomato Crostini

1. Thinly slice half a baguette and bake the slices in a single layer on a baking sheet in a 350 F (180 C) oven until dry and crispy, about 30 minutes.

2. In a small bowl combine 1/2 cup (125 ml) finely diced sun-dried tomatoes and half a bunch of parsley, finely minced. Spoon the mixture sparingly onto the baguette slices.

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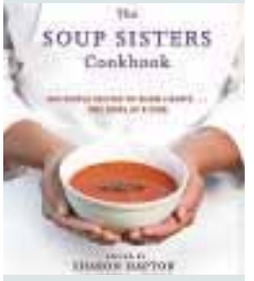
Tuscan Bean Soup

This recipe serves six. JULIE VAN ROSENDAAL

Cookbook of the Week

Heart-warming soup



The Soups Sisters Cookbook is more than a cook featuring delicious recipes from chefs such as Anna Olson and Michael Bonacini.

It is also a part of non-profit organization Soup Sisters. The brainchild of Calgary's Sharon Hapton, Soup Sisters provides comfort to women, youth and children through the making, sharing and donating of soup.

The cookbook is a celebration of the best recipes from the project, which sees participants pay a $50 registration fee to participate in a soup-making event at a local professional kitchen under the guidance of a chef facilitator. The soup is then delivered to a local shelter. METRO

European-style comfort food

This Borscht serves about six. JULIE VAN ROSENDAAL

"My husband's grandmother Eva immigrated to Canada from Eastern Europe," writes Karen Anderson, owner and tour guide of Calgary Food Tours Inc., in The Soup Sisters Cookbook. "She was never sure if she was Polish or Ukrainian — their town was on the border, and the lines between countries changed so many times they lost track — but she made perogies and cabbage rolls with the deftest of Ukrainian precision!

"I inherited this borscht recipe from Eva — it's what my in-laws call great peasant food. The pork ribs give it substance and the deep maroon color makes finding the green beans a nice surprise. Add sour cream and a sprinkle of fresh dill, and it will satisfy your family on a crisp fall day."

Ingredients

- 1 lb (500 g) pork side ribs
- 2 to 3 beets, trimmed
- 2 cups (500 ml) peeled and diced carrots
- 1 onion, diced
- 1 cup (250 ml) each chopped green beans and cabbage
- 1 cup (250 ml) tomato juice
- 2 tsp (10 ml) apple cider vinegar
- Salt and pepper to taste
- 1 cup (250 ml) sour cream
- 2 tbsp (30 ml) finely chopped parsley or fresh dill

1. Put ribs in pot and add enough water to cover. Bring to boil over high heat; skim off gray scum that floats up.

2. Reduce the heat to low. Simmer, uncovered, until the ribs are tender, about 1 hour.

3. While ribs cook, put beets in a saucepan and add enough water to cover them. Bring to a boil over high heat. Reduce heat to medium and simmer until tender, about 45 minutes.

4. Drain beets. Set aside until they are cool enough to handle. Peel and chop beets, set aside.

5. Remove ribs from pot, reserving cooking water in pot. Using fork or knife, pull meat from bones and chop into bite-size chunks. Return pork to pot.

6. Add the carrots, onion, green beans, cabbage, tomato juice and vinegar. Bring to a boil over high heat, then reduce the heat to medium-low.

7. Simmer, uncovered, until all the vegetables are tender, 30 minutes. Add the boiled beets and salt and pepper to taste.

8. Ladle the soup into bowls, and swirl in a few spoonfuls of sour cream.

Michael Bonacini's Mixed Mushroom. Earthy and delicious blend

Michael Bonacini is the chef and partner of Oliver and Bonacini restaurants in Toronto. In Soup Sisters, he shares his recipe for Mixed Mushroom soup.

1. In pot over medium heat, sauté onion and garlic in the oil, until the onion is softened.

2. Add mushrooms and thyme. Sauté until mushrooms brown.

3. Add 4 cups (1 L) water. Bring to a boil over high heat, then reduce the heat to medium-low.

4. Simmer, uncovered, until the mushrooms are tender, about 15 minutes.

5. Purée soup until smooth. Add cream. Reheat over medium heat; add salt, pepper.

6. Ladle up a piping potage of mushroomy goodness.

Ingredients

4 portions

- 1/4 cup (60 ml) diced onion
- 2 cloves garlic, minced
- 2 tbsp (30 ml) vegetable oil
- 2 1/2 cups (625 ml) sliced assorted fresh mushrooms
- 1 tbsp (15 ml) finely chopped fresh thyme
- 1/2 cup (125 ml) whipping cream (35 per cent MF)
- Salt and pepper to taste

A NEW AGE OF WHISKY

JOHN K. HALL BRINGING BACK CREATIVITY, PASSION

John K. Hall

CONTRIBUTED

Canadian whisky is big news. Connoisseurs right around the world are singing its praises again, and Canada's whisky makers are doing something really smart to keep it that way. They are creating a whole new range of ultra-flavourful drams.

Leading the way is wine maker turned whisky maker, John K. Hall with his Forty Creek whiskies – whiskies that have won the world's most coveted awards. When Hall was asked what makes Forty Creek whiskies stand out from the crowd, he said: "Canadian whisky is a Canadian icon, just like maple syrup and hockey. I really want to bring back creativity and passion to our country's spirit. Whisky can be just as complex, perhaps more complex than wine. Bringing out the subtle aromas and taste characteristics is what makes whisky great."

As a first generation whisky maker, Hall says that while he respects tradition, he is not bound by it. For example, unlike some distillers, he distills and ages each grain separately. "This approach allows me to highlight the flavour of each grain — nuttiness from the barley, fruitiness and spiciness from the rye and weight and body from the corn."

Hall's creativity doesn't stop there. He loves to experiment with different barrels for aging — sherry casks for Barrel Select, once-used bourbon barrels for Double Barrel Reserve, and even Canadian oak barrels for his Confederation Oak. "I have worked with many types of oak barrels and every wood creates a distinctive taste expression."

Innovative and distinct whiskies such as these, along with Hall's new Copper Pot Reserve, fill a growing demand for decidedly flavourful whiskies. So put yesteryear behind you and join a new generation of whisky connoisseurs from around the world.

Why? Because they are discovering the treasure trove of rich new whiskies distilled for us right here in Canada.

– Davin de Kergommeaux

Davin de Kergommeaux

CONTRIBUTED

CONNOISSEUR'S APPRECIATION

Canadian Whisky: The Portable Expert takes readers on a journey through the first systematic presentation of Canadian whisky: How it's made, who makes it, why it tastes the way it does, its history, and the rich, centuries-old folklore surrounding it. For the first time, whisky consumers can approach Canadian whisky with a connoisseur's appreciation.

WINNING THE WORLD OVER

Rated #1

Gold Medal
Beverage Testing Institute, Chicago, 2010, 2011, 2012

Gold Medal
International Whisky Competition, 2010

Distiller of the Year
Whisky Magazine, Icons of Whisky Canada, 2008

Pioneer of the Year Award
Malt Advocate Magazine, 2007

Double Gold Medal
San Francisco World Spirits Competition

Gold Medal
World Selection, Brussels, Belgium

FortyCreekWhisky.com

SPORTS 4

A Pittsburgh Penguins fan expresses himself during the game between the Pittsburgh Pirates and the Atlanta Braves Wednesday at PNC Park in Pittsburgh, Penn.

JUSTIN K. ALLER/GETTY IMAGES

NHL keeping concerned sponsors in the loop

No end in sight.
League, union meet for fourth time in five days but again talk secondary issues and not core economics

With no end in sight to the NHL lockout, the league is doing all it can to ease the concerns of its sponsors.

A small group of key clients gathered Wednesday afternoon in Toronto for an audience with chief operating officer John Collins, who provided an update on labour negotiations and took questions from participants.

A source indicated that representatives from Molson, Canadian Tire, Sport Chek, Kraft, Sirius XM and Scotiabank participated in the meeting. One attendee called the session "productive" and applauded Collins for taking part.

"They were very transparent with us," said the source, who requested anonymity. "I was looking around the room and the long-term, cumulative contract dollars around the table were probably at the $100-million mark. It's a significant chunk of change for the league."

Sponsorships and growth

Sponsorships played a significant role in the immense growth the league enjoyed after the 2004-05 lockout.

- Twenty-two new partners signed on with the NHL over that period as it geared its calendar around signature events, such as the Winter Classic.

The sponsors are an important group for the NHL to interact with during the labour dispute. Commissioner Gary Bettman and deputy commissioner Bill Daly have held a series of conference calls with business partners in recent months in an effort to keep everyone informed.

With the NHL on hold, sponsors have been forced to abandon plans to activate against the league and some have started channelling money into other projects. Typically, campaigns and product launches take months to pull together — posing a problem for league partners given the uncertainty brought on by the lockout.

"We don't know when the end line is," said the source.

At this point, no one does.

Talks broke off quickly in New York on Tuesday and Donald Fehr, the NHLPA's executive director, returned to Toronto that night. Bettman and Daly remain in New York and the sides have made no formal plans to meet again.

Negotiations have yet to even really get off the ground despite the fact the lockout is almost three weeks old and the scheduled Oct. 11 start to the regular season will almost certainly be postponed before the end of the week.

THE CANADIAN PRESS

Mobile sports

Cricket

Tim Tebow came to Broadway in March as a backup, already a bona-fide star. Now with the Jets 2-2, scores of disappointed New Yorkers wonder why "Tebow Time" shouldn't start on Monday against the undefeated Houston Texans. He may be wondering the same thing.

NHL. Wild waiting for chance to compete

The Minnesota Wild transformed their team as much as anyone in the NHL this summer, splurging on prized free agents Zach Parise and Ryan Suter to surprise the league, revive their frustrated fan base and put themselves in position to become the Stanley Cup contender they've never truly been.

They have sold the equivalent of about 4,000 new season tickets since the day the 13-year, $98-million US contracts for Parise and Suter were revealed, signalling the most-anticipated season in the franchise's 12-year history. Thanks to the NHL lockout, the buzz has been put on mute.

Quoted

"There's so much hype and excitement in Minnesota, and for us, too."
Minnesota Wild's Ryan Suter

About a dozen members of the Wild have been gathering almost daily for skills work and pickup games at the St. Louis Park Rec Center in the Minneapolis suburb, joining other NHL players who live in the Twin Cities area.

THE ASSOCIATED PRESS

NHL

Bruins' Bergeron heading to Switzerland to play

Swiss club Lugano says it has reached an agreement to sign Boston Bruins centre Patrice Bergeron during the NHL lockout.

Lugano says on its website that the 27-year-old Canadian will arrive in Switzerland "in the coming days" after private benefactors helped fund his contract.

At Lugano, he will join Anaheim Ducks defenceman Luca Sbisa, who has come home to play during the lockout.

THE ASSOCIATED PRESS

NHL. Postma's big shot put on hold by lockout

After spending most of last season with the American Hockey League's St. John's IceCaps, defenceman Paul Postma was looking forward to some serious ice time with the Winnipeg Jets in 2012.

He'd been signed to a one-way deal and, with perhaps the best Winnipeg blue-liner out for much of the season due to wrist surgery, the cards seemed to be landing in his lap.

"Obviously, I feel extremely bad for Zach (Bogosian), he's a good guy and heck of a player but, with saying that, it opened up a spot for me," Postma said this week as the IceCaps, the Jets farm team, opened their camp in Cornerbrook, N.L.

"It kind of guaranteed me a top-six spot. I was definitely looking forward to the season and I was ready for it but this (NHL) lockout is kind of out of my control, so I'm just going to be in St. John's for the time being and enjoy it."

Postma isn't alone. A lot of players who were expecting to graduate this season or were still fairly new in the NHL have found themselves suiting up again in the AHL.

THE CANADIAN PRESS

Tiger Cabrera completes baseball's Triple Crown

MLB. Detroit third baseman becomes 15th player to achieve hitting immortality

Miguel Cabrera became the 15th player to win baseball's Triple Crown on Wednesday night.

The reluctant superstar was thrust into the spotlight after joining an elite list that includes Mickey Mantle, Ted Williams and Lou Gehrig.

Cabrera's milestone wasn't official until the Yankees pinch hit for Curtis Granderson in their game against the Boston Red Sox. Granderson had homered twice to reach 43 for the year, tied with the Rangers' Josh Hamilton and one shy of Cabrera.

Cabrera went 0-for-2 against the Royals before leaving in the fourth inning to a standing ovation. He finished the regular season with a .330 average, four points better the Angels' Mike Trout, his biggest competition for MVP. Cabrera was the runaway leader with 139 RBIs.

Boston's Carl Yastrzemski was the last player to achieve the Triple Crown in 1967.

"I am glad that he accomplished this while leading his team to the American League Central title," Yastrzemski said in a statement. "I was fortunate enough to win this award in 1967 as part of the Red Sox's 'Impossible Dream Team.'"

Commissioner Bud Selig said also offered his congratulations, calling the Triple Crown "a remarkable achievement that places him amongst an elite few in all of baseball history."

The crowd at Kauffman Stadium gave him a standing ovation before he flied out in the first inning. He struck out in the fourth inning but remained in the game, allowing Leyland to remove him with two outs to another standing ovation from thousands of appreciative fans.

The Tigers won 1-0.

THE ASSOCIATED PRESS

Quoted

"How could you not enjoy what he's done if you're a baseball player?"

Detroit Tigers manager Jim Leyland on Miguel Cabrera winning baseball's Triple Crown

Past Triple Crown winners

Miguel Cabrera finished the season with 44 home runs, 139 runs batted in and an average of .330. He joins 14 other players who have won the Triple Crown:

- Carl Yastrzemski, Bos, 1967
- Frank Robinson, Bal, 1966
- Mickey Mantle, NYY, 1956
- Ted Williams, Bos, 1947
- Ted Williams, Bos, 1942
- Joe Medwick, StL, 1937
- Lou Gehrig, NYY, 1934
- Jimmie Foxx, Phi, 1933
- Chuck Klein, Phi, 1933
- Rogers Hornsby, StL 1925
- Rogers Hornsby, StL 1922
- Henry Zimmerman, Chi, 1912
- Ty Cobb, Det, 1909
- Nap Lajoie, Phi, 1901
- Hugh Duffy, Bos, 1894
- Paul Hines, Providence, 1878

Miguel Cabrera of the Detroit Tigers waves his cap to the crowd as he leaves a game against the Kansas City Royals in the fourth inning on Wednesday in Kansas City, Mo. Cabrera won baseball's Triple Crown on Wednesday night, the first player to do so since 1967. ED ZURGA/GETTY IMAGES

Comeback. Athletics stun Rangers to claim West

The Oakland Athletics captured the AL West with another improbable rally in a season full of them, coming back from four runs down and a 13-game division deficit to stun the two-time defending league champion Texas Rangers 12-5 on Wednesday.

The Washington Nationals got sized for hats with post-season patches, then beat Philadelphia 5-1 to earn home-field advantage all the way through November, if necessary.

The playoffs begin Friday when the defending World Series champion St. Louis Cardinals visit Chipper Jones and the Atlanta Braves in the winner-take-all NL wild-card matchup. On Saturday night, Cincinnati will be in San Francisco in Game 1 of the division series.

Josh Reddick of the Oakland Athletics celebrates Wednesday in Oakland, Calif. GETTY IMAGES

THE ASSOCIATED PRESS

Fourth-place finish

Disappointing year ends for Jays

Brandon Morrow struck out 11 batters over eight strong innings as the Toronto Blue Jays closed out a disappointing 2012 season Wednesday with a 2-1 victory over the Minnesota Twins at Rogers Centre.

Morrow (10-7) held the Twins to just three hits on the night. Brandon Lyon worked the ninth inning for his first save.

The Blue Jays finished fourth in the American League East with a 73-89 record, while the Twins finished last in the AL Central at 66-96.

THE CANADIAN PRESS

Yankees capture AL East title with sweep of Red Sox

Robinson Cano and Curtis Granderson each hit a pair of homers, powering the New York Yankees past the Boston Red Sox 14-2 on a raucous Wednesday night in the Bronx for their 13th AL East title in 17 years.

In front of fans poised to party from the first pitch on the final night of the regular season, the Yankees completed a three-game sweep of the last-place Red Sox to win their second consecutive division crown. The championship was locked up by the seventh inning, when Baltimore's 4-1 loss at Tampa Bay went final and prompted a huge ovation from the 47,393 in attendance

Alex Rodriguez stepped out of the batter's box, and several players high-fived and hugged in the dugout while coaches shook hands.

But the subdued celebration didn't really start until Freddy Garcia struck Ivan De Jesus looking to end it. Players hugged and slapped fives on the field and put on their AL East champion shirts and hats as fans feted them with a standing ovation with "New York, New York" blaring over the loudspeakers. The team walked off the field to chants of "Let's go Yankees!"

THE ASSOCIATED PRESS

Let the games begin

The playoffs begin Friday with a pair of winner-take-all wild-card matchups. The defending World Series champion St. Louis Cardinals visit Chipper Jones and the Atlanta Braves in the NL, then Baltimore plays at Texas in the new, expanded format.

OHL ditches rink-side goal judges

Evolution of hockey. Video replay has made the officials behind the net expendable in major junior league

JOHN MATISZ
Metro in London, Ont.

Video killed the radio star. And, now, the rink-side goal judge as well.

At the Ontario Hockey League's annual general meeting in August, the board of governors approved a motion to eliminate the role of the rink-side red-light pusher.

A couple of weeks into the 2012-13 season, at London Knights games and elsewhere, fans are beginning to notice the absence of behind-the-net goal judges. The noble duty has been a part of hockey game aesthetics for more than a century.

While these office officials aren't losing a "real" job, with teams hiring goal judges on a volunteer or honorarium basis, it's certainly a change of scenery.

"You can't go anywhere in the building without somebody asking you, 'How come you're not down there goal judging?'" said Dave Longfield, a judge at Knights games from 2000-11. "You get it continuously."

A dying breed

- Goal judges were first introduced in 1877.
- They were initially called umpires.
- Only a handful of NHL goal judges remain rink-side.

The league's decision to sink the role starts and ends with the advancement of video-replay technology. Just like the National Hockey League did in 2006, the OHL has come to the conclusion that the human element associated with goal judging is irrelevant.

"Now that we have video and four on-ice officials, they're redundant," said Conrad Hache, the OHL's director of officiating.

The iconic red light still ignites after a referee signals a goal has been scored. The main difference is someone in the press box is flipping a switch instead, and naturally does so at a slower pace.

Longfield believes that takes away from the game's lustre. "It inspires the crowd," he said. "The puck goes into the net, you flip the light on, and everybody cheers. It's great. Now, it's kind of a delayed reaction."

Dave Longfield, 75, of London, Ont., has been relieved of his duties as one of two rink-side goal judges at London Knights games. JOHN MATISZ/METRO

Raptors big man aiming to extend his body of work

The Toronto Raptors' Andrea Bargnani gets help with his stretching exercises during the team's training camp in Halifax on Wednesday. MIKE DEMBECK/THE CANADIAN PRESS

It's hard to think of Andrea Bargnani as a grizzled old professional as much worried about preserving his mind and body than he is thinking about the next time he'd get on the court.

But after the most disastrous season of his career ended last spring, and frustrated by his inability to complete a stunning metamorphosis, when the summer finally arrived, the enigmatic Roman Raptors big man knew he had to think about self-preservation.

The call of his country was strong. It went unheeded.

Bargnani sat out Italy's run through the summer EuroBasket qualification tournament so he could be 100 per cent ready to continue his ascension from defensive liability to undisputed top dog with the Raptors.

"Not to work on my body, but to recover from the injury," Bargnani said of the reason for taking the summer off. "I think playing on the national team is great. Every time I go there I learn something, and it's game-time experience, but I'm not 18 anymore.

"If you get three months of rest, it's still good. It's my 11th season as a pro. After playing four years in Europe and this is my seventh season (with Toronto) so it was good to have a couple of months to rest and work on my game by myself, even if I miss eight (qualifying) games."

Bargnani remains the most important Raptor going into a season that will open with unbridled optimism later this month. Any successful team needs its best player to be its best player and the Raptors need Bargnani to be as he was at the start of the 2012 season if the optimism is to be rewarded.

"(I'm) really happy that he's come into camp in great shape, 15 pounds heavier, stronger but he's playing at that high level that we saw last year and I'm excited about it," coach Dwane Casey said after a Raptors workout in Halifax on Wednesday. TORSTAR NEWS SERVICE

CFL. Lions give second chance to ex-convict QB

Casey Therriault is a quarterback with a troubled past, but the B.C. Lions are determined to give the ex-convict a chance.

And he is determined to make the best of it.

Therriault, 23, who served six months in county jail for manslaughter for an incident outside a Michigan nightclub when he was 18, joined B.C.'s practice roster Wednesday. After searching unsuccessfully for opportunities in the NFL, he hopes to build a bright future in the CFL.

"This is the one organization that gave me an opportunity to play again and trusted in me and my character, and it means a lot to me," he said Wednesday after his first practice with the Lions at their Surrey, B.C., training facility.

Therriault paid his debt to society after he came home to Grand Rapids, Mich., for Christmas from College of the Sequoias, a California junior college. He became involved with friends in the fateful incident. Although reports indicate he only threw one punch in retaliation, others later joined in and the victim, Jonathan Krystiniak, died of his injuries.

Therriault pleaded guilty and served half a year in Kent County Correctional Facility, located in his hometown. THE CANADIAN PRESS

Five QBs

- Therriault signed for a year and an option with the Lions.
- His arrival gives B.C. five quarterbacks.

NFL. Return of Big Red? Cardinals on win streak

Thirty-eight years ago, the last time the Arizona Cardinals were 4-0, their home was St. Louis and they were known affectionately as the Big Red.

Nearly a quarter century since departing for the desert, they're on top of their game again.

The surprising Cardinals don't have one of the best offences in the NFL, far from it actually. Throw out the big plays on defence and they're pretty much middle of the road there, too. Their games are going down to the wire, the last one ending in overtime and three of them decided by a total of nine points.

Not surprisingly, they're just a one-point favourite to beat the St. Louis Rams. On Thursday night, the Cardinals will have a shot at being the first team to 5-0, two wins shy of the 7-0 start in 1974 by a team that featured Hall of Famers Dan Dierdorf, Roger Wehrli, Larry Wilson and Jackie Smith.

One of the advantages to all the close calls is there's no danger of overconfidence.

The Cardinals have had a knack for handling late-game pressure since midway through last year, when they rebounded from a 1-6 start and became the first NFL team to win four overtime games in a season. All eight of their wins last season were by a touchdown or less. THE ASSOCIATED PRESS

Quoted

"We've had four up-and-down games. We've had a lot of trauma in them, so there's been a lot of emotion extended."

Cardinals coach Ken Whisenhunton

CFL

Isaac fined for hit on Bombers QB

The CFL fined Toronto Argonauts linebacker Brandon Isaac an unspecified amount Wednesday for his controversial hit on Winnipeg Blue Bombers quarterback Buck Pierce last weekend.

Isaac was fined for using his helmet to hit Pierce in the chin in the first quarter of the contest. THE CANADIAN PRESS

CFL

Bombers prep with Pierce's status uncertain

With Buck Pierce's status still uncertain, the Winnipeg Blue Bombers are preparing a game plan without knowing who their starting pivot will be Monday in Montreal.

Pierce has a mild concussion but could be cleared to play.

If he doesn't, Joey Elliott will take the snaps and both men were on the field for practice Wednesday.

Offensive co-ordinator Gary Crowton says he's preparing game plans for both but he's hoping Pierce is ready to play.

Pierce has said he feels fine but he has to pass a test before he's allowed to return. THE CANADIAN PRESS

Buck Pierce checks his chin after being hit late vs. the Argos Saturday in Winnipeg. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Try not to make up your mind too quickly about someone today. It does not matter if your initial impressions are good or bad. Either way, they are going to be an important and positive force in your life.

♉ Taurus
April 21 - May 21
Keep emotions out of what you have to do today. If you allow your feelings to get in the way of common sense, you could make a serious mistake — the kind that costs you money you cannot afford to lose.

♊ Gemini
May 22 - June 21
The message of the stars for you today is quite straightforward: Don't take your luck for granted. Both in your personal life and in your career you will need to work hard to get ahead — and harder still to stay there.

♋ Cancer
June 22 - July 23
You are reading too much into a situation that most times you would simply ignore. You may find it hard to convince yourself that you are overreacting but you really do need to keep things in perspective.

♌ Leo
July 24 - Aug. 23
Today's cosmic alignment warns if you let slip personal information of any kind, it could backfire on you later in the month. Keep what you know to yourself, especially when it is potentially embarrassing.

♍ Virgo
Aug. 24 - Sept. 23
Don't worry if your confidence is at a low ebb because that will change very soon. What also needs to change is the way you approach your work. Are you taking too much for granted? Give it some thought.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to make a decision concerning your future today but with Jupiter now entering one of its retrograde phases, it might be best to put it off to a later date.

♏ Scorpio
Oct. 24 - Nov. 22
Money and investment issues may be causing you a bit of concern but there is probably not much you can do about them at the moment. Trust that everything will turn out right in the end. It usually does.

♐ Sagittarius
Nov. 23 - Dec. 21
Partnerships and relationships have been under good stars of late and that trend is set to continue but that does not mean you no longer have to work at them. What can you do today to improve your affairs?

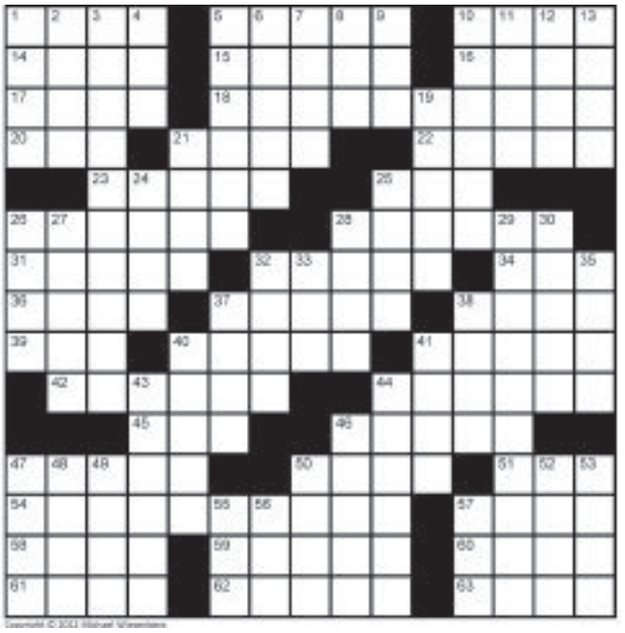
♑ Capricorn
Dec. 22 - Jan. 20
Attitude is everything. If you think you can succeed, you most likely will. If you think you may fail, you will subconsciously make it happen. Keep believing and keep trying — and you'll keep winning.

♒ Aquarius
Jan. 21 - Feb. 19
Your confidence may be high, and with good reason, but don't let it carry you away to some fabulous la-la land where everything happened as if by magic. Be positive but keep your feet on the ground, too.

♓ Pisces
Feb. 20 - March 20
Try not to dwell on thoughts that upset you. Focus on areas you can feel happy about and pretend the bad stuff does not exist. You are very sensitive to your environment, which is why you may need to move.
SALLY BROMPTON

Stuff and No Nonsense

BY MICHAEL WIESENBERG



Across
1. Jewelry repository
5. Dreams: Fr.
10. Air Force installation
14. Go ___ great length: ramble (2 wds.)
15. It's west of BC
16. Specialty (in education, say)
17. "All You Need Is ___": 1967 Beatles chart-topper
18. They form the Alberta-BC border (2 wds.)
20. Yoko ___ Lennon
21. Destitute
22. Rental contract
23. People with computers
25. Part of kph or mph
26. Diamond weights
28. Gracious and elegant
31. One at ___: singly (2 wds.)
32. Blacksmith, while tending to horse hooves
34. How-___: instruction manuals
36. Inevitable outcome
37. Eucalyptus lover
38. High: Fr.
39. Before: poetic
40. World's biggest airline, by passengers
41. Popular Toyota model
42. Vancouver ___: Victoria's location
44. Hairpiece
45. PC key usually next to the spacebar
46. Symbolic Canadian leaf
47. "___ Little Prayer": Dionne Warwick hit (3 wds.)
50. Like an owl, proverbially
51. BC Hydro structure
54. Canada's government
57. Mexican coin
58. Norway's capital
59. Cycling legend Armstrong
60. Bend in a sink's pipe
61. Broadway attraction
62. Puts money into a poker pot before cards are dealt
63. African cobras

Down
1. On one's own
2. Before much longer, poetically
3. Teachers' pets
4. Québec summer
5. Copter blades
6. Reverberations
7. Abruptly change course
8. Corn unit
9. ___-Cat: winter vehicle
10. ___ dozen: 13
11. Operatic solo
12. Observes
13. Comfortable state
19. Cloudless
21. Baseball's Rose or Townshend of The Who
24. Identical
25. "Not guilty," for one
26. Bistro
27. "Centipede" and "Asteroids" video game company
28. Pepsi or Coke
29. Calgary CFL team
30. "Tag, ___ it!"
32. Vended
33. Chapeau
35. Eye problem
37. Clark ___: Superman's alter ego
38. Drag along
40. Buddhism's __ Lama
41. Contend with difficulties
43. Played it cool or stayed out of sight (2 wds.)
44. Samples a bit of (food)
46. Chop well, as garlic
47. Wall St. offerings
48. Part of Miss Canada's attire
49. "Alice's Restaurant" chronicler Guthrie
50. Got going
52. Stat!
53. Spill cleaners
55. ___ mode: with ice cream (2 wds.)
56. Chess or checkers piece
57. School fund-raising grp

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

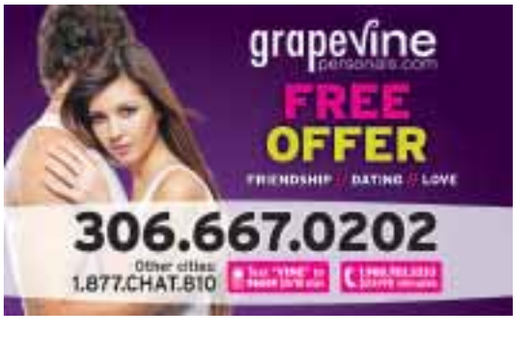
	4		6	1	8		3	
1								6
		8				1		
2	7		9		1		5	4
				7				
3	5		8		6		2	9
		9				3		
4								5
	1		3	9	7		4	

Yesterday's Sudoku

Today 6°/-7° Variable
Friday 5°/-3° Partly cloudy
POINTCAST Get Your 1km Weather
www.theweathernetwork.com/pointcast
TWN incorporates MSC data

Sharability

easy hard



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SAVE $1,551

$169 BI-WEEKLY

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$118 BI-WEEKLY

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